



Helping maintain independence & well-being

Senior Lunch Sites – June 2009



Monday 1 ☆	Tuesday 2	Wednesday 3	Thursday 4	Friday 5 ☆
Pork Loin w/ Herb Gravy Yams w/ Marshmallows Green Peas Whole Wheat Roll Canned Fruit	Stuffed Pepper Mashed Potatoes Green Salad w/ T. Island Dressing Multi-Grain Roll Tapioca Pudding	Chicken Salad Sandwich on Wheat Bread Lettuce & Tomato Diced Zucchini `w/ Italian Dressing	Roast Turkey w/ Gravy Stuffing Green Beans Wheat Roll Assorted Cake	Meatball Stroganoff on Egg Noodles Mixed Vegetables Wheat Roll Seasonal Fresh Fruit
8	9	10 ☆	11	12
Meatloaf w/ Brown Gravy Duchess Potatoes California Blend Vegetables Whole Wheat Roll Chocolate Pudding	Chicken w/ Polynesian Sauce on Steamed White Rice Blended Vegetable Seasonal Fresh Fruit	Glazed Ham Yams w/ Marshmallows Brussels Sprouts Whole Wheat Roll Cookie	Lentil Soup/ Crackers Cheeseburger on Bun w/ Lettuce/ Onion/Ketchup/ Relish Oven Fries Fruit Mix	Turkey a la King Egg Noodles Zucchini Salad w/ Italian Dressing Wheat Roll Apricots
15	16	17	18	19
Chicken Chow Mein on White Rice Oriental Vegetables Chow Mein Noodles Mandarin Oranges	Tortilla Soup/ Crackers Beef Taco Salad w/ Chips, Sour Cream, Taco Sauce & Cheese Lettuce & Tomato Spanish Rice Flan	Corn Chowder/ Crackers Fish w/ Lemon Butter Sauce Au Gratin Potatoes Chef Cut Blend Vegetables Sliced Peaches	Father's Day Celebration Beef Pot Roast w/ Gravy Baby Baker's Potatoes Chef Blend of Vegetables Wheat Roll Apple Pie	Chicken & Pork Sausage Jambalaya over Rice Carrot Coins Green Salad w/ Ranch Dressing Fruit Salad
22	23	24	25	26
Ms. Friday's Fish w/ Tartar Sauce Scalloped Potatoes Scandinavian Vegetables Wheat Roll <i>*Gelatin w/ Fruit</i>	Chicken Alfredo w/ Fettuccini Noodles & Sauce California Blend Vegetables Dark Grain Roll Apricots	Spaghetti w/ Meat Sauce/Parmesan Cheese Romaine Salad w/ Honey Sesame Dressing Breadsticks Fruit Salad	Cream of Celery Soup/Crackers Quiche w/ Diced Tomato & Zucchini Caesar Salad w/ Dressing/Croutons Wheat Roll Cookie	Cream of Broccoli Soup/Crackers Sweet-Sour Pork on White Rice Oriental Blend Veg. Banana Pudding
29	30 ☆			
Chicken Marsala Cut Green Beans Orzo w/ Vegetables Soft Italian Breadsticks Mandarin Oranges	Vegetable Lasagna Green Salad w/ Honey-Sesame Dressing Whole Wheat Roll Sliced Pears			Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All * desserts are *Sugar-Free*. 1% milk served daily. ☆ Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls

